

Vermont Department of Education
Center for Technology Essex
Professional Foods 3 / 4
(CIP: 12.0504)

Occupational Skills

The Student demonstrates the specified level of competency in occupational skills:

0	1	2	3	4
No Exposure	Introduced	Practiced	Entry-level	Competency

0 1 2 3 4

- A. Knowledge of the Professional Food Industry**
(Vermont Standards: 1.1, 1.3, 1.4, 1.5, 1.6, 1.8, 1.9, 1.18, 3.15, 3.16, 3.5, 5.1, 5.3, 5.6, 5.20, 5.23, 5.24, 5.29, 6.3, 6.4, 6.7, 6.23)
- B. Demonstrates Professional Workplace Habits**
(Vermont Standards: 7.14, 7.18)
- C. Safety and Sanitation Techniques**
(Vermont Standards: 1.3, 3.3, 3.5, 3.9, 5.13, 6.19, 7.1, 7.4, 7.13, 7.14, 7.16, 7.17, 7.18)
- D. Demonstrate Advanced Food Preparation Techniques**
(Vermont Standards: 1.10, 1.16, 1.22, 2.2, 2.4, 5.23, 5.29, 7.12, 7.16)
- E. Demonstrate Advanced Baking Techniques**
(Vermont Standards: 1.10, 1.22, 2.2, 2.4, 5.23, 5.29, 7.12, 7.16)
- F. Apply Introductory Food and Beverage Management Techniques**
(Vermont Standards: 2.5, 7.6, 7.9, 7.10)
- G. Knowledge of Human Resource Management**
(Vermont Framework: 1.15, 2.1, 2.2)
- H. Knowledge of Small Business Planning**
(Vermont Standards: 6.15, 6.17, 7.6)
- I. Knowledge of Food Chemistry**
(Vermont Standards: 1.17, 1.18, 1.20, 2.1, 2.2, 3.10, 3.11, 3.12, 3.13, 7.1, 7.2)
- J. Knowledge of Food History and Cuisine**
(Vermont Standards: 4.5, 4.6, 6.4, 6.5, 6.6, 6.7, 6.8, 6.13)

Directions

Evaluate the student by checking the appropriate box to indicate the degree of competency. The rating for each competency should reflect employability readiness rather than the grades given in class.

Rating Scale:

- 0 No Exposure**
- 1 Introduced** – The student has been exposed through non-participatory instruction (e.g., lecture, demonstration, field trip, video).
- 2 Practiced** – The student can perform the task with direct supervision.
- 3 Entry-Level Competency** – The student can perform the task with limited supervision and/or does not perform the task to standard (a typical entry-level performance expectation).

0 1 2 3 4

A. Knowledge of the Professional Food Industry

- A.001 Identify major business sectors of the food service industry.
- A.002 Describe professional requirements and additional education required to progress in the food service industry.
- A.003 Describe business trends and consumer habits affecting the food service industry.
- A.004 Participate in a career work experience

B. Demonstrates Professional Workplace Habits

- B.001 Demonstrate behaviors appropriate for the workplace.
- B.002 Work as a team member.
- B.003 Maintain appropriate work environment.
- B.004 Manage time effectively.
- B.005 Conserve resources effectively.
- B.006 Demonstrate appropriate personal health practices
- B.007 Make accurate observations of group and individual behavior.
- B.008 Maintain appropriate records.
- B.009 Follow appropriate referral procedures for physical, social, emotional, and economic problems of persons being served.
- B.010 Use equipment commonly found in the workplace.
- B.011 Maintain a personal professional portfolio.
- B.012 Demonstrate behaviors of assertiveness and self-esteem in the workplace.

C. Apply Safety and Sanitation Techniques

- C.001 Utilize Hazard Analysis Critical Control Points (HAACP) principles in menu design.
- C.002 Document production information using time and temperature charts.
- C.003 Conduct sanitation self inspections using state approved evaluation tools.
- C.004 Conduct workplace safety inspections, recommending appropriate steps for improvement.
- C.005 Design a safety and sanitation training class.

D. Demonstrate Advanced Food Preparation Techniques

- D.001 Demonstrate safe and efficient a la carte cooking techniques
- D.002 Practice basic butchering and meat portioning techniques
- D.003 Demonstrate safe and efficient multi-step commissary cooking techniques
- D.004 Prepare foods from a variety of cuisines including: Asian, Western European, Eastern European, Central and South American and North American Regional
- D.005 Prepare foods in the style of modern food habits including: nutritional/dietary needs, vegan foods and vegetarian foods

E. Demonstrate Advanced Baking Techniques

- E.001 Describe the major characteristics of the major styles of pastries including Classical, European and Modern
- E.002 Prepare Classical style pastries
- E.003 Prepare European style pastries
- E.004 Prepare Modern style pastries
- E.005 Practice classic and modern styles of dessert plating

F. Apply Introductory Food and Beverage Management Techniques

- F.001 Calculate recipe and plate cost
- F.002 Calculate profitable menu prices
- F.003 Calculate labor cost
- F.004 Represent cost ratios as a percentage of sales
- F.005 Describe cash handling and banking procedures
- F.006 Calculate daily, weekly, monthly and quarterly food cost and labor cost
- F.007 Calculate gross and net profit
- F.008 Describe the parts and uses of a Profit and Loss Statement
- F.009 Describe methods for cost control management
- F.010 Describe the functions of a Human Resources Department
- F.011 Describe fundamental personnel management techniques

G. Knowledge of Human Resource Management

- G.001 Describe the functions of a Human Resource Department
- G.002 Describe fundamental personnel management techniques
- G.003 Demonstrate an understanding of the following policies for employees of a specific local employer: a) wage scale, b) fringe benefits, c) grievance.
- G.004 Demonstrate an understanding of employer/employee rights and protection provided by state and federal law.
- G.005 Demonstrate an understanding of the role of labor unions in the economic system.
- G.006 Demonstrate an understanding of federal, state, income tax, and social security deductions from the total wages of a sample pay period.
- G.007 Demonstrate an understanding of the following job transition concepts: a) advancement, b) firing, c) voluntary termination, d) transfer, e) career change, f) honesty.

H. Knowledge of Small Business Planning

- H.001 Describe the parts of a business plan and the steps required by banks to apply for a business loan
- H.002 Describe the parts of an annual budget and the process of preparing one
- H.003 Using an original idea for a business or product, design a basic marketing plan
- H.004 Given a new business description, prepare an organizational chart, staffing profiles and sample schedule

I. Knowledge of Food Chemistry

- I.001 Identify the four basic food molecules, their sources and how they are used to modify other food substances
- I.002 Describe principles of human nutrition and diet
- I.003 Investigate and discuss current trends and issues in eating habits
- I.004 Conduct simple lab experiments following the principles of scientific research, including formulating and testing hypotheses and documenting findings
- I.005 Understand and properly use fundamental food chemistry terminology
- I.006 Describe the principles of taste and flavor perception

- I.007 Describe basic chemistry principles present in food including: molecules, atoms and chemicals, the nature of heat energy, the phases of matter, and solutions, suspensions and emulsions.

J. Knowledge of Food History and Cuisine

- J.001 Explain the effects different influences such as: climate, cultural habits, religion and economy have on the development of a cuisine
- J.002 Describe the defining characteristics of the major world cuisines including: Asian, Western-European, Eastern European, South, Central and North-American.
- J.003 Describe how food plays an important role in the formation of cultural distinction
- J.004 Compare traditional and historically accurate food production methods and recipes to current practices
- J.005 Prepare representative dishes/recipes from a variety of major world cuisines